

10 Rules of Happiness

Dr. Joyce Brothers

- 🐸 Think that Good Things will happen!
- 🐸 Express gratitude to a loved one!
- 🐸 Put your gripes away!
- 🐸 Do something special for yourself!
- 🐸 Be patient with an annoying person!
- 🐸 Reach out to someone who needs comfort!
- 🐸 Learn from a mistake!
- 🐸 Focus deeply on each moment!
- 🐸 Look closely at a flower or tree you haven't noticed before
- 🐸 Smile!